ART FOR THE AGES

On March 22 and April 5, Art Days will be The Frayser-Raleigh Singers will perheld at the Frayser-Raleigh Senior Center. The Art Days are a part of a project called "Art for the Ages", which is funded through Creative Aging and Arts Memphis. Canvases and Art supplies will be provided. Come paint or draw whatever you want to! All paintings will be auctioned off in May for money to go back into the project.

FLEA MARKET

Our Spring Flea Market is scheduled for Saturday, April 6th, from 9:00-2:00. We will second & fourth Mondays at 12:30. The rent 4'X4' tables for \$8 each, or an 8' table group may discuss grief, depression, etc. for \$15. The Frayser-Raleigh Center will providing a listening ear to anyone who sell breakfast and lunch, and man the baked needs it. goods table, as well as Frayser-Raleigh donations tables up front. We are looking for donations of "stuff" and baked goods! You may sign up for tables in the Council office and/or bring donations into the art room at any time.

WEWILL STOP MAKING SALAD PLATES FOR A SHORT TIME; PLEASE FEEL FREE TO ORDER AGAIN IN MAY.

ORGANIZATIONAL GOLF MEETING The Frayser-Raleigh Golf Team will have their first meeting of the season here on Tuesday, March 26th at 11:00. They will play at Davy Crockett Golf Course on Tuesdays at 9:00, starting April 2nd.

In Memoriam Margret Williams January 2013

Ride Along

form at The Ruth Tate Grand Reopening on March 1st, at Raleigh United Methodist Church on March 7th and at Millington Healthcare on March 27th; anyone is welcome to ride the bus with us and see what they do on any of these trips.

HEALING HEARTS

Our Healing Hearts Group meets here on the

PLEASE CHECK YOUR MEMBERSHIP CARD FOR CORRECTNESS WHEN YOU RENEW, OR WHEN ANYTHING CHANGES. Please keep us up-dated!

DEFENSIVE DRIVING COURSE

AARP will offer a Driver Safety Course on Tuesday and Wednesday, March 26 & 27, from 8:15-12:15. The cost is \$12 for AARP members and \$14 for non-members, payable by check to AARP, for the 2-day course. There will be no driving and no tests, and Tennessee state law requires insurance companies to give up to a 10% discount with the completion of this course. You may pick up a form in the Council office or just call the instructor, Nat Marcotte, to sign up.

		

WELCOME!

Welcome to all who joined in January! Jo Ann Denson, James Wright, Armanda Hawkins, Doris Curtis, Floyd Curtis, Lee Fisher and Kay Fisher.

Happy Birthday

We will celebrate March Birthdays on Friday, March 8th, at 12:00 in the Banquet Room. Members with birthdays this month will receive a gift from HealthSpring and a free lunch from your Council. You must be present on that date to receive these gifts. Happy Birthday to all these members!

Thanks to HealthSpring for providing our monthly birthday gifts and ice cream!

And to Cornell Washington "The Cowboy" for providing our monthly birthday entertainment.

March 1	March 13	March 24	
Norma Glass	Janet Baker	Maxine Rockwood	
Syble Morrison	Mary Brower		11
		March 25	Happy
March 2	March 14	Ernest Jack Colley	Birthday
Don Hall	Melba Sparks	Charlene Dresser	DIL CUITAN
		Cu Resser Parker	
March 5	March 16		
Joyce Newcomb	Gracie Bond	March 26	
Bobby Roser		Bettye Jean Smith	
	March 18	Maurine Tanner	
March 6	Mamie James		
Barbara McGregor	Lonnie Rose	March 29	
	Ray Viale	Nancy Bratcher	
March 7			
Adonna Collins	March 20	March 31	
	Don Gohman	Ken Hathaway	
March 8		Wilma	
Ever Jean Thornton	March 23	Vanlandingham	
	Gwen Andrews	-	
March 11	Doris Curtis	February 14	
Thelma Patterson	Mary Lois Jones	Dale Wadley	
	Betty Wilson	-	
	•		

CREATIVE AGING

Our Special March entertainment from Creative Aging, sponsored by The Durham Foundation will be Joe Oser, on Wednesday, March 20, at 12:15.

Joe Oser is a full time professional musician Currently, thru and music teacher. Yarbrough's Music Store, he teaches guitar, banjo, mandolin, dobro, dulcimer, violin, uke and balalaika lessons. Through "Joe Oser Music Services Joe has performed a variety of music in some of Memphis' finest country clubs, businesses and homes. Joe studied classical guitar in high school but was raised around country music in Kentucky and performed in a folk group and big band during that time. Former jobs include U.S.O. Tours in Europe, Saudi Arabia, Ireland and Iran. Joe has been a member of the Memphis Arts Council's "Arts In The Schools" Program for the past 15 years during which he has performed in area schools to encourage kids to take part in the Arts. Joe also performs for Seniors thru the Creative Aging Mid South Group, doing a fast paced audience participation program of fun and funny songs everyone can relate to. Joe's music ranges from classical, to Country and Bluegrass, as well as Rock and even Big band.

Please join us in welcoming Joe Oser to the Frayser-Raleigh Senior Center.

FYI

We have some interesting activity books from which we get calendar ideas; some of these ideas are great for something to do, and some are just for your information. If we are going to plan a party around them, there will be an article in the newsletter explaining what you should do. Otherwise, it's just information, like Mickey Mouse's birthday. We hope you enjoy these little tidbits and can take them for what they are— FYI.

ARE YOU GOING OUT OF TOWN?

Please let us know if you will be out of town, and not receiving your mail, even temporarily. We have to pay 50 cents for each returned newsletter, more than we paid to mail it!

TRIP

Our March trip will be to Creative Aging's Game Day at the Memphis Jewish Community Center on Thursday, March 21st. The cost is only \$5 and includes games (board games, yahtzee, bowling, mahjong, chicken foot dominoes, shuffleboard, puzzles, skipbo, golf putt and more), music, refreshments and door prizes. The bus will leave the Center about 12:15 and return by 4:00. Sign up in the front hall.

DANCE DANCE DANCE

Have you missed our dances? Well, we're back! Gary Abbott will be doing a dance at Frayser-Raleigh on the first and third Friday nights, and Floyd Curtis and Pure Country will do one on the second Saturday night of each month. The cost will be \$5 for members and \$6 for guests at all dances and we ask you to bring finger foods to share. We will provide paper products and drinks; and a donation basket will be out for security. We hope these dances will take off and you will make our new music makers feel welcome and loved.

Pure Country on Saturday, March 9th. Gary Abbott on Fridays, March 1 & 15.

YOGA

Our member, Minetta Gatlin, has offered to lead a Free Yoga class here on Fridays at 10:00. Please let us know if you are interested and we will arrange a starting date. We need to have at least 6 participants.

CASINO TRIP

The Advisory Council will sponsor a trip to Bally's Casino on Tuesday, March 19, leaving at 9:00a.m. The cost is \$15 payable in the Council office Mon-Fri 9:30-11:30 and 12:30-1:30. (must be paid during office hours by the Tuesday, (noon) before the trip) There are no refunds and the bus will leave on time from the casino. The casino will give you \$10 in free slot play and a free buffet lunch. The bus will load and unload in the back parking lot.

The Division of Parks & Neighborhoods does not sanction casino trips; they are an activity of the Frayser-Raleigh Senior Center Advisory Council.

NEW MEMBER FREE LUNCH

We invite all new members who joined in February to join us on Friday, March 1st for a wonderful free lunch in a friendly atmosphere. Members of the Advisory Council will be available to answer questions and show you around if you haven't seen everything we have to offer.

BRIDGE WINNERS

Jo Matthews, Dru Stevens Charles McSwain, Jim Music, Ginny Music and Mary Lois Jones.

CONGRATULATIONS!

BALLROOM DANCE CLASS

Leigh Ann will continue her ballroom dance class on Tuesdays from 9:45-11:15. She also offers private lessons if you like. You may still practice dancing on Tuesday and Thursday afternoons, from 12:30-1:30.

COUNCIL OFFICE HOURS

The volunteers are in the Advisory Council Office Monday thru Friday, 9:30-11:30 and 12:30-1:30. *The office is closed from 11:30-12:30 for lunch!* Parks staff are not allowed to take money for casino trips, so it must be done during regular office hours. There will be envelopes available under the new locked box outside the Council office if you should come at a time when the office is closed. A volunteer will take care of your business and mail you a receipt the next day. We appreciate your continued support and cooperation.

MANICURES & PEDICURES

Our wonderful manicurist, Nedra, will be here every Wednesday for manicures and pedicures. The cost is only \$12 for a manicure, and \$18 for a pedicure. Appointments can be made between 8:30 and 2:00, so sign up for your next appointment in the front hall.

Nedra will also take appts on Thursdays if there is a need.

HAIRCUTS BY HELEN

Helen Moore, a friend from our own neighborhood has agreed to come here and give haircuts for both men and women, for only \$10 each. Please make an appointment in the front hall for the third Tuesday afternoon (March 19th).

NEW SENIOR CENTER

We will attend the Grand Re-opening of the Ruth Tate Senior Center on Friday, March 1st, and our Singers will perform. If anyone else would like to attend, the bus leaves at 11:00. Please sign up in the front hall.

FRAYSER-RALEIGH COOKBOOK

Our cookbooks are always available for purchase, and can be personalized however you like. They are big and beautiful, and have over 300 recipes from Frayser-Raleigh members and friends. They cost only \$12 each (\$16 to mail one), total profit for the Frayser-Raleigh Senior Center. Help us with this on-going fundraiser and get a great gift for your money!

GREAT NEWS!

HealthSpring has approved a new year of sponsorship of our monthly birthday celebrations. They will provide small birthday goodies and ice cream on the second Friday each month. We appreciate HealthSpring and look forward to seeing Lisa Shurden here for lunch each month.

FRAYSER-RALEIGH SINGERS

Our choral and drama group practices on Fridays after lunch and then goes out a couple of times each month to perform at churches and nursing homes. They are always looking for new singers to join the group, and new places to perform.

LEGAL AID

Our friend Ryan Byrne, of The Byrne Firm, has offered to come here for free legal consultation on the second Wednesday of each month, starting at 12:00. His appointment sheet is in the front hall.

We will be closed on Friday, March 29th for Good Friday.

DIABETES EDUCATION

Covering the Diabetes epidemic, Carolyn Foster with HERO (Healthcare Education Resources and Outreach) will bring us a series of informational sessions on Diabetes on the second Friday of each month thru May 2013. You can still get in on this free class on March 8th, from 9:30-11:30. Classes are fun, interactive and educational, as well as convenient.

DONATIONS

We have received many donations from our members for our day to day living expenses. We appreciate all donations, including prizes, food and monetary: thank you, Adonna Collins, Cindy Welch, Gwen Andrews, Patricia Reddin, Virginia Piercey, Harriett Wright, Charles McSwain, Paul Rhodes, Audrey Lewis and Mary Sidney. Thank You!

OUILTING/CRAFTING GROUP

We have received a wonderful donation of fabric pieces and our beautiful Queen Alice has agreed to lead a quilting group on Thursdays from 9:00-11:00. She has several great ideas of what we can make for our flea market and to donate to different charities. She says there are many large, nice pieces for baby quilts, adult bibs, and other fun projects. We also have several new little sewing machines here, donated by our member, Maxine Kirby, that will help us with our projects. Please bring your willing fingers, and if you've never sewn before, Alice will help you learn. Please join us for some crafting and FUN!

Frayser-Raleigh Senior News

3985 Egypt Central Road 901-383-9101

March 2013

OUR 21ST BIRTHDAY!

I guess we're legal now! We will be celebrating our 21st Birthday on Thursday, March 14th, at lunch. After some very special entertainment, we will definitely party awhile. Since we all had a rough day when Andy Tolmaci came the first time (a snow day and Andy was under the weather), we have invited him back for our special event, and he has agreed to come and entertain! Andy was born in Bucharest, Romania and moved to the United States in 1997 with the dream of becoming an American citizen and enjoying the beautiful life this country has to offer. His performance brings to life the vocal stylings of singing legends like Elvis, Frank Sinatra and Dean Martin. Andy has performed for audiences in Palm Beach, New Hampshire and Alabama. He will definitely spice up our birthday party! Let us welcome Andy back with thanks and good wishes.

After the entertainment, we will enjoy Birthday Cake and Ice Cream and maybe a game or two. Bingo, cards and classes will go on as planned, so you'll have to choose whichever you prefer, and we might be partying pretty loudly!

HOURS OF OPERATION Monday-Friday 8:00-4:00 Friday & Saturday Night Dances 7:00-9:30

2012-2013 Advisory Council
Bob Vicento— President
Sandy Stephens— Vice President
Sue Robinson— Treasurer
Virginia Piercey— Secretary
Adonna Collins
Frank De Moss
Barbara Dunlap
Beverly Wagner
Harriett Wright

2012-2013 ROYALTY Richard & Alice Dieckhaus

Frayser-Raleigh Staff

Lori Fageol, Director Madaline Hoing, Assistant Director Susie Williams, Cook Leon Tucker, Building Maintenance Darrius Bell, Meal Preparer

Senior News Published Monthly
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Lori Fageol, Director
(news deadline— 10th of each month)
Rose Printing

Frayser-Raleigh Senior Center 3985 Egypt Central Road Memphis, TN 38128 383-9101

J.S. POSTAGE PAID PERMIT #2909 MEMPHIS, TN

Address Service Requested

FYI

2013 CASINO TRIPS

March 19—-——	—-—Bally's
April 16————	—Fitzgerald's
May 21————	Resorts
June 18	—-GoldStrike
July 16	———-Bally's
August 20	-—Fitzgerald's

CREATIVE AGING ENTERTAINMENT

March 14 Andy Tolmaci, Vocals
March 20 Joe Oser, Strings, Vocals
April 17 Barbara Christensen, Harp
May 15 Irving Evans, Keyboards, Vocals
June 11 Deborah Swiney, Jazz, Blues
June 19 The Beverly Brothers, Guitars
July 17 Ruby Wilson, Queen of Beale St
August 21 Earl Randle, Blues, Rock
September 18 Gary Abbott, Country, 50's
October 16 Joyce Cobb, Jazz, Rock
November 20 Breeze Cayolle, N.O. Jazz
December 18 Reed Riders, Harmonicas

WEST TENNESSEE MINI OLYMPICS

Come join the fun filled "one day event" to play, learn and prepare for the upcoming Tennessee State Senior Olympics. We will have Shuffleboard, Horseshoes, Table Tennis and Field Events. Mark your calendars for Saturday, April 27th (raindate May 4th) 10:00-4:00. Lunch is \$5 (must pre-register by April 10th).

To be held at the South Jackson Community Center, 412 Bolivar Hwy., Jackson, TN 38301. For Weather Info call 731-425-8614.

Register with your local Senior Olympics Coordinator: Lori Fageol @383-9101.

This will include the 3 West Tennessee Districts, and will be lots of FUN!

SENIOR OLYMPICS

We have some exciting changes coming with the Senior Olympics this year! For 30 years the Memphis District has held the "Senior Games" in the Spring. This year the Tennessee Senior Olympics will be June 21-27. in Williamson County. Over the past twenty years, the state finals has doubled in size, to approximately 2000 athletes. To properly plan for such a large event it is necessary to move the registration deadline to late March, so our District events must be over by then. The District Games have been moved to the Fall of each year. Each Fall, athletes will have the opportunity to qualify at one the 10 District events for the next Summer's State Finals. FOR 2013 ONLY no district qualification will be required. You may register directly for the State Games, beginning March 9th @ tnseniorolympics.com or (615)200-8760.

The Memphis District Senior Olympics, to include Shelby, Fayette, Tipton and Lauderdale Counties will be held all around Memphis from September 16-27, 2013. Swimming will be at the Collierville YMCA on August 24th. Applications will be mailed July 1st & the the earlybird deadline will be July 26th. The final deadline will be August 9th. The cost to participate will be \$25 by earlybird and \$30 after that. There is a \$3 fee per event after the first 10 events regardless of deadline. There will be much more information in the coming months; please call Lori-District Coordinator at 383-9101 or Kay-Registration at 576-4255 if you have any questions.

Events include: Badminton, Basketball, Bowling, Cycling, Golf, Horseshoes, Pickleball, Racquetball, 5K Run, Shuffleboard, Softball Throw, Swimming, Table Tennis, Tennis, Track & Field and Volleyball.